

DANCE CAMPS

STORYBOOK DANCE CAMPS

Join us for an exciting dance experience this summer. All camps are a multi-art experience with daily craft projects, stories, and videos based around each theme. Each day bring a snack and drink and wear tights, leotard, and bring proper dance shoes. Costumed performances will be held for parents on the last day of each camp.

“UNDER THE SEA” BABY BALLERINAS

Ages 3-4
Does your little ballerina love to twirl and tumble? This camp will help children learn basic pre-ballet technique and tumbling through the “Under the Sea” fairy tale story. Ballet slippers needed.

9, 2 hour sessions	TOH \$119/ NR \$149
July 6-July 16	
1421.001 M-F	9-11am
10, 2 hour sessions	TOH \$132/NR \$165
August 2-August 13	
1421.002 M-F	9-11am



“CINDERELLA” DANCE CAMP

Ages 4-5
Your little princess can learn the basic techniques of ballet, tap, and tumbling through this classic fairytale. Ballet slippers and tap shoes needed.

10, 3 hour sessions	TOH \$198/NR \$248
July 19-July 30	
1421.003 M-F	9am-12pm

SAFARI JUNGLE DANCE CAMP

Ages 5-8
Learn ballet, tap and jazz dance technique centered around a jungle theme – lions, tigers and bears - oh my! Ballet slippers and tap shoes needed.

10, 3 hour sessions	TOH \$198/NR \$248
August 2-August 13	
1421.004 M-F	11am-2pm

THE DANCING PRINCESS

Ages 5-6
Learn the fundamentals of ballet, tap and tumbling. Based around Odette, the princess of *Swan Lake*; Aurora, from the ballet *Sleeping Beauty*; and Clair, from *the Nutcracker Suite*, in addition to the Disney Princesses. Ballet slippers and tap shoes needed. *One storybook camp experience needed.*

9, 3 hour sessions	TOH \$178/NR \$223
July 6-July 16	No program July 5
1421.005 M-F	11am-2pm

THE NUTCRACKER BALLET DANCE CAMP

Ages 6-8
This two week ballet camp for the young dancer will provide intensified technique training, and fun projects all while exploring dances from around the world through the beloved ballet *the Nutcracker Suite*. Dances and projects will revolve around the dance of the Sweets, the Arabian Knights, and the dance of the Soliders. For intermediate ballet level students. Ballet slippers needed.

10, 3 hour sessions	TOH \$198/NR \$248
July 19-July 30	
1421.006 M-F	12-3pm

NATURE CAMPS

NATURE DISCOVERY CAMP

Children will be offered an excellent opportunity to explore Runnymede Park's ecology, wildlife, geology, archaeology, history, and culture. We will investigate the rain garden, meadow, Sugarland Run Stream, trails, native plant garden and the pond, as we learn about protecting our natural environment and teach stewardship. Includes T-shirt and lots of take home nature materials. Bring water, snack and/or lunch (no peanut products) and apply sunscreen and bug repellent prior to camp. Camp meets at Runnymede Park.

Ages 4-6	
5, 2 hour sessions	TOH \$55/NR \$69
June 28-July 2	
1364.904 M-F	9-11am

Ages 6-8	
4, 2 hour sessions	TOH \$44/NR \$55
July 6-9	
1364.905 T-F	9-11am
5, 2 hour sessions	TOH \$55/NR \$69
August 9-13	
1364.906 M-F	9-11am

Ages 7-9	
5, 6 hour sessions	Includes Field Trip
July 12-July 16	TOH \$120/NR \$150
1364.907 M-F	9am-3pm
July 26-30	
1364.908 M-F	9am-3pm

Ages 10-12	
5, 6 hour sessions	Includes Field Trip
July 19-23	TOH \$120/NR \$150
1364.909 M-F	9am-3pm
August 2-6	
1364.910 M-F	9am-3pm



EVENING NATURE DISCOVERY CAMP

Ages 5-9
During the cooler summer evening hours, nature enthusiasts can enjoy a program similar to the daytime Nature Discovery Camp. Parents can discover and walk the trails of Runnymede Park while children participate in fun outdoor activities. Bring water, snack (no peanut products) and apply bug repellent before coming. Meet at Runnymede Park. No field trip offered.

4, 2 hour sessions	TOH \$44/NR \$55
July 19-23	
1364.911 M-Th	6-8pm



Town of Herndon Parks & Recreation Department
P.O. Box 427, Herndon, VA 20172
703-787-7300
www.herndon-va.gov

“Promoting a sense of community and enriching the quality of life.”



ECRWSS Residential Customer



SKATEBOARD CAMP

Ages 6-12
Radical Dude! Extreme Fun. Packed with safe, fun and thrilling activities for beginner to intermediate skateboarders. Open to boys and girls. Held outdoors in a “skate park on wheels,” a mobile skate park with equipment designed for beginner to intermediate riders. The skate park has quarter-pipes, grind box, fun box, launch ramps, wedge ramps, grind rails and more. Skaters will be grouped by age and ability. Under the supervision of American Inline instructors and coaches, all skateboarders will receive instruction to safely ride, tack turn, olly, grind, stall, drop in, and get air, all in a safe, positive environment. Each day includes instruction, skating games and jam time. Participants receive camp T-shirt and stickers. Required equipment include: helmet, knee and elbow pads, water, and snack. Wrist guards recommended. Staff to participant ratio: 1:8. Meet at Bready Park Basketball Court.

5, 3.5 hour sessions	TOH \$125/NR \$156
August 2-6	
1721.700 M-F	9am-12:30pm



Join us at Bready Park for a traditional Independence Day Celebration and Fireworks choreographed to music.

6:30pm-Entertainment
9:30pm-Fireworks

2010 Summer Camps
Herndon Parks and Recreation

Summer Fun in HERNDON

Summer is right around the corner, and it's time to start making plans. We have planned great camp experiences for your kids.

Look for our detailed Summer Quarterly Brochure to register. Registration begins Wednesday, May 5 for TOH residents and Tuesday, May 11 for non-TOH residents. You can register online. Start early to obtain your account and password. Visit our website at www.herndon-va.gov.

SUMMER FUN

Ages 6-11, Rising Grades 1-6

It's time for summer time fun! For less than \$70 a week our experienced camp staff are ready to take your kids on a great adventure featuring exciting field trips, theme week crafts, thrilling games, sports and much more! Activities planned around themes each week and a field trip is offered weekly at an additional cost. Camp is held **OUTDOORS** at Bready Park. Campers can swim twice weekly in the HCC indoor pool. Each day bring a lunch, a snack (no peanut products please), wear play clothes, tennis or closed toe shoes. Personal items and care are the responsibility of the participant.

The following forms must be on file prior to participation in the camp: Camper Registration Information and Authorization for Pick-up. Parent/guardians can pick-up forms at the Herndon Community Center or on www.herndon-va.gov and click on “Parks and Recreation”. After you register, you will receive the parent handbook.

To meet your summer child care needs, camp hours are 7:30am-6pm. We strongly encourage all children to arrive by 9am.

Session I	
June 28-July 23 (No camp July 5)	
19, 10.5 hour sessions	TOH \$258/NR \$323
1520.101 M-F	7:30am-6pm
Session II	
July 26-August 13	
15, 10.5 hour sessions	TOH \$203/NR \$254
1520.201 M-F	7:30am-6pm

SUMMER EXPRESS CAMP

Ages 6-11, Rising Grades 1-6

You must be registered for Summer Fun to attend Summer Express.

August 16-20	
5, 10.5 hour sessions	TOH \$87/NR \$109
	(Includes Field Trip Fee)
1520.301 M-F	7:30am-6pm



Parent Meetings

Wed, June 23 at the
Herndon Community Center
Summer Fun - 6:30pm
Teen Discovery - 7pm

TOH = Town of Herndon Rate; NR = Non-Resident Rate
HCC = Herndon Community Center



TEEN DISCOVERY

Ages 12-15
Each Day of Teen Discovery promises new adventures through field trips, games, and activities. Bring a sack lunch, bathing suit, and towel daily. Cost includes supervision, van transportation, and admissions. Starting and ending times will vary depending on the trip location. Destinations change each session (see below). Teen Discovery requires independence and good judgment from the participants. Responsibility is an important element of the program, and teens are frequently permitted to do activities in small groups on their own, checking in at designated times and locations.

Session I: Kings Dominion, Ropes Course, Laser Tag
June 28-July 9 (No Camp July 5)

9, 7 hour sessions	TOH \$225/NR \$281
1539.101 M-F	10am-5pm

Session II: Paintball, Beach, Water Park.
July 12-23

10, 7 hour sessions	TOH \$250/NR \$313
1539.102 M-F	10am-5pm

Session III: Kings Dominion, Rafting, Pottery
July 26-August 6

10, 7 hour sessions	TOH \$250/NR \$313
1539.103 M-F	10am-5pm

Session IV: Horseback Riding, Zoo, Tubing
August 9-20

10, 7 hour sessions	TOH \$250/NR \$313
1539.104 M-F	10am-5pm

EARLY BIRD HOURS

Need to get here earlier? Teen Club is open with supervision for registered campers only.

9, 1.5 hour sessions TOH \$24/NR \$30

June 28-July 9 (No Camp July 5)

1539.105 M-F	8:30-10am
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10, 1.5 hour sessions TOH \$28/NR \$35

July 12-23

1539.106 M-F	8:30-10am
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July 26-August 6

1539.107 M-F	8:30-10am
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August 9-20

1539.108 M-F	8:30-10am
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No camp programs will be held on July 5th

PRESCHOOL PLAY CAMP

Ages 3-5
Fun session themed activities include arts and crafts, music, drama, games and nature. Great staff and a low staff/participant ratio will further enhance a positive environment. Registration fee includes daily activities, T-shirt, and weekly swim-n-splash day for the afternoon session. Children **must be potty-trained**. You will be assigned a snack day for each session enrolled to provide snack for all the children (no peanut products please).



Preschool Play Camp is licensed through the State of Virginia Social Services Department and they require we see your child's original or a certified copy of the birth certificate or passport. We must have the following forms on file for your child prior to the start of camp: Camper Registration, Physical & Immunization Records, Authorization for Pick-up, and Camper Information. Parents/guardians are encouraged to pick up the forms at the HCC, or at www.herndon-va.gov and click on "Parks and Recreation" or forms will be mailed to you after registration is processed.

Session Themes:	
June 28-July 9	The Great Outdoors
July 12-23	Safari Adventures
July 26-August 6	Story Book
August 9-13	Around the World

Ages 3-4 (Children must be 3 by May 1, 2010)

June 28-July 9 (No camp July 5)	
9, 2.5 hour sessions	TOH \$73/NR \$91
1510.101 M-F	9:30am-12pm
July 12-23	
10, 2.5 hour sessions	TOH \$80/NR \$100
1510.102 M-F	9:30am-12pm
July 26-August 6	
10, 2.5 hour sessions	TOH \$80/NR \$100
1510.103 M-F	9:30am-12pm
August 9-13	
5, 2.5 hour sessions	TOH \$40/NR \$50
1510.104 M-F	9:30am-12pm

Ages 4-5 (Children must be 4 by May 1, 2010)

June 28-July 9	
9, 2.5 hour sessions	TOH \$73/NR \$91 (No camp July 5)
1510.201 M-F	1-3:30pm
July 12-23	
10, 2.5 hour sessions	TOH \$80/NR \$100
1510.202 M-F	1-3:30pm

July 26-August 6	
10, 2.5 hour sessions	TOH \$80/NR \$100
1510.203 M-F	1-3:30pm
August 9-13	
5, 2.5 hour sessions	TOH \$50/NR \$50
1510.204 M-F	1-3:30pm

HCC = Herndon Community Center

BASKETBALL

SHOOTING STAR BASKETBALL CAMP

Coed Ages 5-8

Your little star can shoot some points at our beginner level outdoor camp designed to promote the proper fundamentals, attitude and sportsmanship for young players. Instructors will teach the fundamentals of dribbling, shooting, defense and team play to get your young player started in the right direction. All participants receive a T-shirt. Each day bring a water bottle, snack (no peanut products) and a basketball (with child's name on it). Camp is held behind the Herndon Community Center at the outdoor basketball courts.

Ages 7-8	
5, 3 hour sessions	TOH \$68/NR \$85
June 28-July 2	
1723.200 M-F	9am-12pm

Ages 5-6	
5, 2 hour sessions	TOH \$55/NR \$69
August 9-13	
1723.201 M-F	9-11am



GIRLS BASKETBALL CAMP

Ages 8-12

Girls can develop and enhance skills while learning from Herndon High School's Girls Basketball coach, Erin Gaston. Beginner and experienced basketball players welcome. Camp is structured with drills, contests and games. Each day bring water bottle, lunch and snack (no peanut products). Wear shorts and proper footwear. Camp is held at Herndon United Methodist Church Gymnasium, 701 Bennett Street.

5, 7 hour sessions	
July 19-23	
1723.202 M-F	9am-4pm

SOCCER

INSTRUCTIONAL SOCCER CAMP

Ages 5-6

Want to introduce your child to the game of soccer? Beginner players will learn basic soccer skills including dribbling, passing, trapping, and shooting. Soccer rules, as well as concepts of sportsmanship and teamwork, through fun games and small group instruction will be covered. Each day bring a water bottle, a snack (no peanut products), and a soccer ball-preferably size 3 (with child's name on it). Meet at Bready Park soccer field next to HCC.

5, 2 hour sessions	
August 2-6	
1724.101 M-F	9-11am

INTERMEDIATE SOCCER CAMP

Ages 9-12

Sign your up and coming soccer star to continue in their development of fundamental soccer skills including dribbling, passing, shooting and ball control. Skills for more advanced players will include offensive and defensive strategy. Days will consist of a warm-up, conditioning drills, and fun soccer related games using their developing skills. Scrimmages and games will also continue to aid in the player's development. Head soccer instructor, William Gaiten has a class D soccer license and has been instructing soccer for over six years. Each day bring a water bottle, snack (no peanut products) and a soccer ball (with child's name on it). Meet at Bready Park soccer field next to HCC.

5, 6 hour sessions	
July 26-30	
1724.102 M-F	9am-3pm

MSA SOCCER CAMP

Ages 9-12

Midwest Soccer Academy coaches work with children from 4-18 years old and are hired from all over Europe, because of their coaching expertise, personality and the energy they bring to camp.

MSA's age appropriate, innovative curriculum focuses on the technical aspects of the sport at younger ages (through fun games), while at the same time challenging each child every single day. As the players get older, the curriculum introduces more tactical aspects of the game. Players are encouraged to be creative and play free-flowing attacking soccer. Bring a water bottle and snack (no peanut products) each day. Participants must wear shin guards. Meet at Bready Park soccer field next to HCC.

5, 6 hour sessions	
June 28-July 2	
1724.103 M-F	9am-3pm
5, 3 hour sessions	
July 12-16	
1724.104 M-F	5-8pm

SPORTS

SPORTS SAMPLER

Ages 3-6

Enhance your child's running, throwing and catching skills through a sampling of sports. We will play soccer, t-ball/baseball, kickball, golf, tennis, and a whole lot of other fun games in between. Emphasis will be on teamwork and good sportsmanship. Each day bring a water bottle and snack (no peanut products). Meet at Bready Park soccer field next to HCC. No camp July 5.

Ages 3-4	
4, 1 hour sessions	
July 6-9	
1799.100 T-F	9-10am
5, 1 hour sessions	
August 16-20	
1799.101 M-F	9-10am

Ages 5-6	
4, 2 hour sessions	
July 6-9	
1799.102 T-F	10:15am-12:15pm
5, 2 hour sessions	
August 16-20	
1799.103 M-F	10:15am-12:15pm



Registration begins
Wednesday, May 5
for TOH residents
Tuesday, May 11
for non-TOH residents

GYMNASTICS CAMP

GYMNASTICS CAMPS

Ages 6-13

Summer gymnastics camps are perfect if you missed the chance to take gymnastics during the school year, or if you want to improve your skills during the hot summer months. Participate in floor exercises, beam, uneven bars, parallel bars and vault. Qualified staff and small student-teacher ratio provide individualized and higher quality instruction. Family members and friends are invited to a demonstration of new and/or improved skills on the last day of camp. T-shirt included. Each day bring a snack (no peanut products).

GIRLS' CAMPS

All Levels

9, 4 hour sessions	
June 28-July 9	
1722.101 M-F	No program July 5 10am-2pm
10, 4 hour sessions	
July 12-23	
1722.102 M-F	TOH \$168/NR \$210 10am-2pm
July 26-August 6	
1722.103 M-F	TOH \$187/NR \$234 10am-2pm
August 9-20	
1722.104 M-F	10am-2pm

BOYS' CAMPS

All Levels

9, 4 hour sessions	
June 28-July 9	
1722.105 M-F	TOH \$168/NR \$210 No program July 5 10am-2pm
10, 4 hour sessions	
July 12-23	
1722.106 M-F	TOH \$187/NR \$234 10am-2pm
July 26-August 6	
1722.107 M-F	10am-2pm
August 9-20	
1722.108 M-F	10am-2pm



Join us and
stay active
all summer

MUNCHKATEERS CAMP

Ages 3-5

An innovative program for children combining fitness, elementary gymnastics, rhythms, and games that develop a child's large motor coordination skills, strength, flexibility, and imagination. Participants should be ready for group instruction. No camp July 5.

MUNCHKATEERS I

Ages 3-4

4, 45 minute sessions	
July 6-9	
1712.101 M-F	TOH \$30/NR \$38 9-9:45am
5, 45 minute sessions	
July 19-23	
1712.102 M-F	TOH \$38/NR \$48 9-9:45am
August 2-6	
1712.103 M-F	9-9:45am
August 16-20	
1712.104 M-F	9-9:45am

MUNCHKATEERS II

Ages 4-5

5, 45 minute sessions	
June 28-July 2	
1712.105 M-F	TOH \$38/NR \$48 9-9:45am
July 12-16	
1712.106 M-F	9-9:45am
July 26-30	
1712.107 M-F	9-9:45am
August 9-13	
1712.108 M-F	9-9:45am



ACRO/DANCE CAMP

Ages 6-12

(Combination Gymnastics and Dance Camp)

Learn the techniques of jazz, hip hop and tumbling choreographed together to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts and games. Qualified staff and small instructor-participant ratio provide individualized and quality instruction. Each day bring a bathing suit, towel, lunch, snack and an old large t-shirt for crafts.

5, 6 hour sessions	
August 23-August 27	
1722.108 M-F	TOH \$115/NR \$144 9am-3pm



TENNIS

PEE WEE TENNIS CAMP

Ages 4-7

An introduction to tennis using the same format as our year-round Pee Wee Tennis program. Instructors will help your child learn the basic tennis fundamentals by using creative games, skill learning and teaching techniques. Participants are required to bring their own mini-racquets. Other equipment will be provided. Held outdoors at the Bready Park Tennis Complex at the HCC. Friday is reserved as a make-up date. Instructor to student ratio is six to one.

Ages 4-5	
3, 30 minute sessions	
July 6-8	
1721.201 T-Th	TOH \$23/NR \$29 9:45-10:15am
4, 30 minute sessions	
June 28-July 1	
1721.202 M-Th	TOH \$30/ NR \$38 9:45-10:15am
July 12-15	
1721.203 M-Th	9:45-10:15am
July 19-22	
1721.204 M-Th	9:45-10:15am
July 26-29	
1721.205 M-Th	9:45-10:15am
August 2-5	
1721.206 M-Th	9:45-10:15am
August 9-12	
1721.207 M-Th	9:45-10:15am

Ages 6-7	
3, 30 minute sessions	
July 6-8	
1721.208 T-Th	TOH \$23/NR \$29 10:15-10:45am
4, 30 minute sessions	
June 28-July 1	
1721.209 M-Th	TOH \$30/NR \$38 10:15-10:45am
July 12-15	
1721.210 M-Th	10:15-10:45am
July 19-22	
1721.211 M-Th	10:15-10:45am
July 26-29	
1721.212 M-Th	10:15-10:45am
August 2-5	
1721.213 M-Th	10:15-10:45am
August 9-12	
1721.214 M-Th	10:15-10:45am

TENNIS CAMP

Ages 8-15

Designed for all levels and taught by our highly trained instructors at the Bready Park Tennis Complex. Grouped by ability, each camp features comprehensive on and off court instruction, skill learning, games, and practice matches. Student/instructor ratio of no more than eight to one. MUST provide own racquet, one can of new tennis balls, water bottle and a daily snack (no peanut products). T-shirt included. Friday is reserved as a make-up date.

7, 2 hour sessions	
June 28-July 8 (No camp July 5)	
1721.101 M-Th	TOH \$68/NR \$85 8-10am
1721.102 M-Th	10:15am-12:15pm
8, 2 hour sessions	
July 12-22	
1721.103 M-Th	TOH \$78/NR \$98 8-10am
1721.104 M-Th	10:15am-12:15pm
July 26-August 6	
1721.105 M-Th	8-10am
1721.106 M-Th	10:15am-12:15pm
August 9-19	
1721.107 M-Th	8-10am
1721.108 M-Th	10:15am-12:15pm